

# Moroccan Chicken Stew



**Serves 4**

**Prep 15 mins**

**Cooking 40 mins**

**Easy**

## Ingredients

large handful of flaked almonds  
olive oil  
2 red onions, finely sliced  
1 tsp ground cumin  
1 tsp ground cinnamon  
1 tsp sweet paprika  
4 chicken thighs, skin on

2 red peppers, sliced into thin strips  
1 large lemon, cut into 6 thick slices  
a few green olives, stones removed (optional)  
300 ml vegetable stock  
4 pitted dates  
150 green beans  
Sea salt and black pepper

1. First toast the flaked almonds in a large dry pan for about 2 mins. Careful! They burn easily. Reserve.
2. Now heat the olive oil and gently cook the sliced onions for about 5-8 minutes, until softened. Add the cumin, cinnamon and paprika and fry for another minute.
3. Add the chicken thighs, skin-side down and cook until they have a beautiful light brown colour, turn and cook to lightly golden on the flesh side.
4. Add the red peppers slices, the lemon slices, olives, dates or apricots and stock. Simmer with the lid on for about 40 minutes until the chicken is cooked though.
5. If you find the sauce is too watery, take off the lid and leave it to reduce a little. If the sauce is too thick, add a few more tbs of water.
6. Add the green beans for the final 5-10 mins of cooking time. Season to taste and top with the parsley and toasted almonds to serve.